ABSTRACT OF THE DISCLOSURE

An anti-fog sheet material is constructed to include a transparent plastic base sheet of about 0.13~0.55mm thick, which has capillary tubes in top and bottom surfaces thereof, and an anti-fog film coated on the bottom surface of the transparent plastic base sheet, the anti-fog film being formed of a liquid mixture of sucrose fatty acid esters and ethyl alcohol and water, the liquid mixture having dry matter 39~43%, acid value less than 3.0mg KoH/g, residue on ignition less than 0.6%, arsenic content less than 1ppm, and heavy metals less than 10ppm.

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